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It's an easy read and for me I could relate to almost all of it. It really does make you think and in my case stop drinking because I want to, not pressured into. I am not one for self help books but this is one that I am thankful I stumbled across.

Kick the Drink...Easily!: Jason Vale: 8601404233234 ...

I'd recommend "Kicking the Drink...Easily!" by Jason Vale to anyone who'd like to either cut back on their alcohol consumption or cut it out of their life altogether. Vale makes many valid points such as: "Alcohol is the only drug in the world where when you stop taking it, you are seen as having a problem." This statement is so true!

Kick the Drink....Easily! by Jason Vale - Goodreads

The book is easy to read, persevere and reap the rewards, it's not rocket science, Jason Vale helps you see through all the bull about alcohol that is sold to us and passed down from one generation to the next.

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Whether you want to stop drinking altogether or simply wish to change your relationship with alcohol in the short term, this book will open your mind and show you an incredibly simple way to Kick The Drink!

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This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol.

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The Sobriety Journal easy strategies for happier hours & a joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now. Kick the drink easily.

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really does make you think and in my case stop drinking because I want to, not pressured into. I am not one for self help books but this is one that I am thankful I stumbled across.

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Club Soda members say: "I really can not recommend Kick The Drink...Easily enough. By the time you have finished it you will understand that alcohol is just a poison and you are missing nothing by removing it from your life. You will be free."

Kick the drink... easily! by Jason Vale - Club Soda

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